

# Flower City Cyclist

Newsletter of the Rochester Bicycling Club

Volume 49, Issue 3

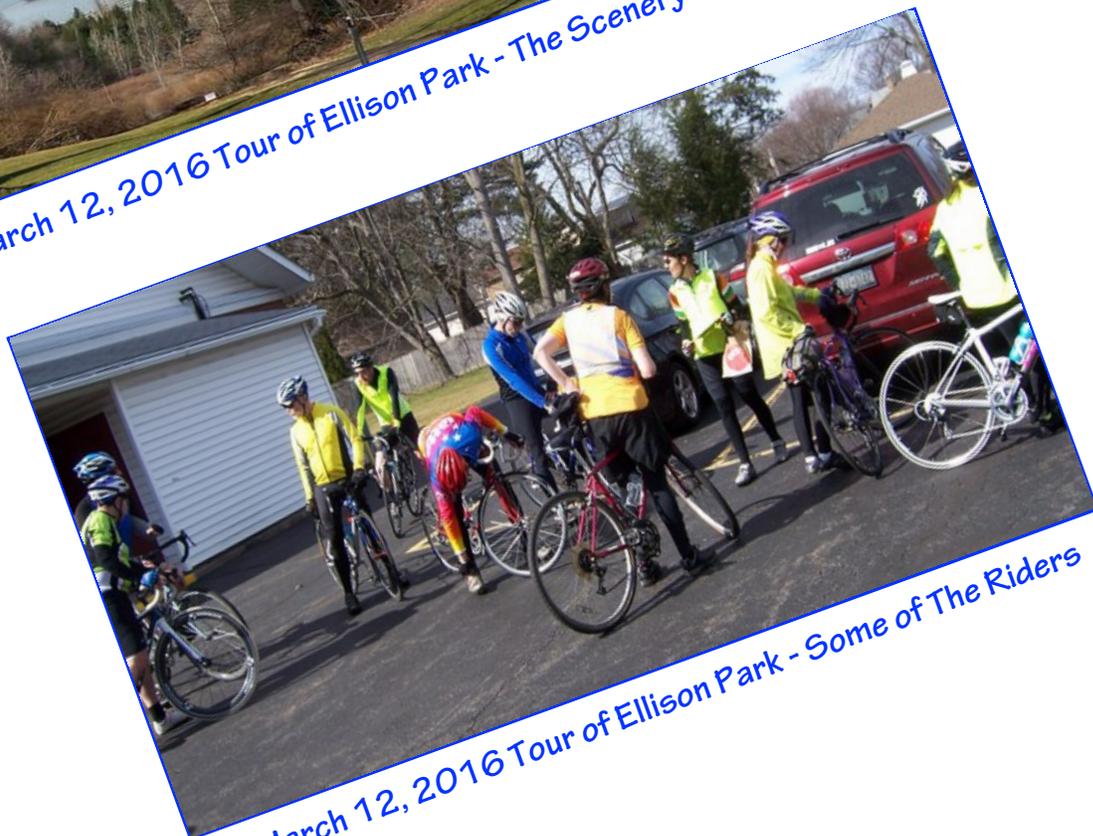
April 2016



*Spring is on The Way!*



March 12, 2016 Tour of Ellison Park - The Scenery



March 12, 2016 Tour of Ellison Park - Some of The Riders

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## Upcoming Events Summary

### April Board Meeting

April 12, 2016

7:00 pm

Brookside School, S. Winton Road  
Between 590 & Westfall Rd

### Clinic: All About Your Bike

Thursday, April 21, 2016

7:00 pm - 9:00 pm

Christ The Good Shepherd Lutheran Church  
1000 Winton Rd N

### Clinic: Flat Tires

Thursday, April 28, 2016

7:00 pm - 9:00 pm

Christ The Good Shepherd Lutheran Church  
1000 Winton Rd N

### Members' Mingle

April 29, 2016

6:30 pm-8:30 pm

The Back Nine Grill,  
3500 East Ave, Rochester

# The Flower City Cyclist

## Our Mission:

- > Teach and promote bicycling for transportation, recreation and health.
- > Preserve and proclaim the rights of bicyclists as operators of vehicles.
- > Schedule and organize bicycle rides, tours and other activities on a regular basis.
- > Cooperate with other groups in promoting bicycling.
- > Advocate the use of approved helmets.
- > Advocate the safe and responsible use of appropriate lands for off-road cycling.

This Newsletter is published as scheduled below  
by the Rochester Bicycling Club

## Newsletter Deadlines:

Mar	Feb	15th	Issue 1
April	March	15th	Issue 2
May	April	15th	Issue 3
June	May	15th	Issue 4
July	June	15th	Issue 5
August	July	15th	Issue 6
September	August	15th	Issue 7
October	September	15th	Issue 8
Nov-Dec	October	15th	Issue 9
Jan-Feb	December	15th	Issue 10

## Newsletter Advertising:

The Flower City Cyclist accepts paid ads and preprinted inserts. Paid ads will run for one issue. Copy and payment are due by the deadlines listed above.

Rates are:

1/4 Page \$10.00

1/2 Page \$15.00

Full Page \$25.00

Note: Members may place bicycle related classified ads at no charge. See the RBC Website for complete details.

**THIS NEWSLETTER IS ONLY AVAILABLE VIA EMAIL:**

Send your email address to:

[RBCMembership@gmail.com](mailto:RBCMembership@gmail.com)

## Contributing?

The editor accepts all bicycling related, member submitted articles, photos and artwork for the newsletter. Special consideration is given to RBC related activities, rides, special events and your personal experiences, cycling tips and adventures! Share your stories!

Submit articles to:

[rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)

# President's Message

## Announcing RBC's New Legal Representative



First, it was great to see so large a turnout for our March 12th kickoff ride and Awards Dinner!!! What a great opportunity to enjoy our “kick off” ride with friends with some fabulous **mid spring** weather on a late winter day!! At our Awards Dinner more than 65 members got to reconnect with riding buddies, enjoy some great food, and celebrate friends' achievements.

**RBC Legal Representative:** I'm very pleased to announce that at our March 8th Board Meeting the Board approved the appointment of Attorney, Jim Reed, to the position of RBC Legal Representative.

Jim, himself, is an avid cyclist and he comes to us with a wealth of experience including, but not limited to:

30 years experience representing injured cyclists

Years of experience providing counsel to cycling organizations

Years of involvement and expertise with cycling law. Jim has been selected as BikeLaw lawyer for both NY and PA . FYI, BikeLaw is a nationwide collective of the best bicycle accident lawyers in the country.

Cycling Advocacy: Jim was recently elected president of the NY Bicycling Coalition, New York's major statewide Cycling Advocacy organization. Note that RBC is a “member bike club” of NYBC. Jim is personally taking the lead for NYBC on lobbying for passage of the 3 foot law in NY State.

OK, so you're wondering what RBC's Legal Representative role entails. Our Constitution provides the following – which should be seen as the role's “basic requirements”:

1. Provides legal guidance to the Board.
2. Provides Club members one free consultation on bicycling related issues.

Jim has shared this with us: *"Please appreciate that my view of legal matters is that there is no such thing as a dumb question and I would much prefer to answer a question early on before things turn into a chocolate mess because someone decided to plow ahead without getting some early legal advice. It is always easier to avoid a problem rather than fix a problem....."*

So do contact Jim for consultation, as appropriate. Of course, if, per consultation, legal representation is deemed to be appropriate, a member is free to request representation from RBC's Legal Representative or another attorney of their choosing.

I feel that RBC is indeed very fortunate to have someone with Jim's experience, expertise, and stature within New York's cycling community on board as our Legal Representative!!

Please join me in welcoming Jim!!! Also... please do check out Jim's Ad on page 12 in this newsletter.

# Susquehannock 2016 - Ann Carroll-Lee



## Susquehannock Lodge and Trail Center

5039 US 6 West  
Ulysses, PA 16948  
814-435-2163

[www.susquehannock-lodge.com](http://www.susquehannock-lodge.com)  
Ed & Carol Szymanik, your hosts

*A Warm and Friendly Country Lodge in the Heart of God's Country*

*June 3-5, 2016 (Friday night through Sunday)*

This is a weekend of riding with like minded friends in Potter County, PA which is around 2 -3 hours south of Rochester. The rides are loops rides from the lodge anywhere from 30-75 miles with the terrain rolling to hilly. There are also several miles of dirt roads and trails for mountain bike exploring. We work on making sure no one rides alone if at all possible.

The price per person for a room in the lodge is \$125.00, this price is for 2 nights (Friday & Saturday) at the Susquehannock Lodge on Rt. 6, Ulysses, PA, 2 breakfast (Sat. & Sun.) and 2 dinners (Sat. & Sun.). The lodge rooms are single beds with no more than 3 to a room with a shared bathroom.

There are also several private rooms which you can call Carol at the lodge to see if any are available and work directly with the lodge.

Carol (814-435-2163).

E-mail: [Susquelgcarol@penn.com](mailto:Susquelgcarol@penn.com)

For more information about the Lodge and Potter County PA see the links below:

[www.susquehannock-lodge.com](http://www.susquehannock-lodge.com)

[www.pottercountypa.net](http://www.pottercountypa.net)

If you would like to join us, e-mail me at [alcarrol@frontiernet.net](mailto:alcarrol@frontiernet.net) or call 265-4188. I will e-mail you a form. I will be taking reservation for the lodge rooms until May 24th after that you can call the lodge directly.

Hope that you will consider joining us the June.

Ann & Steve



*Pictures courtesy of Ann Carroll-Lee*

# Ride of Silence - May 18th, 2016 - Andy Stewart



On Wednesday, May 18th, thousands of cyclists around the world will take part in their local Ride of Silence events. The RoS is a ride to honor those who have been injured or killed in a bicycle incident. We ride for about one hour without talking so we can better remember our fallen friends and family. Our message also goes out to the general public, cyclists are a part of traffic and rightfully belong on the roads.

The Rochester area's 6th annual Ride of Silence will start and finish at Penfield's Highway Depot lot on Jackson Rd, just North of Atlantic Avenue and across from Veteran's Memorial Park. Please arrive about 6:15 pm. After getting your bike ready, signing in on our rider sheets and getting an arm band we'll gather for the pre-ride ceremony at 6:40 pm.

We leave the lot at 7:00 pm being led by our motorcycle escort, who will control the intersections and shepherd us, as we roll along the 9 mile route. Our pace will insure that we return to the lot around 8:00 pm when we'll retrieve the arm bands and say thanks to those we shared the ride with.

This event is unlike any ride you've done before. Close to 100 cyclists, side by side, quietly rolling along and hearing the world around while thinking about those we love. Every year new riders discover what a moving and meaningful experience the Ride of Silence is.

Please feel free to contact Andy Stewart, [onetenth@earthlink.net](mailto:onetenth@earthlink.net) with any questions and check out the club website periodically for updates and personal stories.

Thanks, Andy



# Announcements

Welcome To Our New Members  
through March 1, 2016

Dave	Ennis
Teresa	Greene
Michael	Greene
Sam	Greene
Gary	Kaminska
Dan	Kerpelman
Rita	Locke Pettine
Susan	Mortillaro
Tiffany	Ritchie
Richard	Watson

## Bicycle Cases for Rent to Club Members!

Going on a bicycle tour and you need to ship your bicycle via air, water or ground transportation safely?

The club has cases for rent to our members at \$2.50 per day.

These are hard cases to protect your bicycle from damage.

Details on our rental agreement are on your club's CD. To rent the cases contact Beth Johnson email:

[dr.j.4992@gmail.com](mailto:dr.j.4992@gmail.com)



## "Scene Around Town"



Fall Foliage Ride 2015, courtesy Pamela R.

# Announcements

## Awards Banquet Request



The 2016 cycling season is underway so keep a lookout for something that would qualify for a Humor Award on those rides. Send your suggestions in confidence to me:

[vhlink@frontiernet.net](mailto:vhlink@frontiernet.net)

We are looking for a volunteer to take over the 2015 Awards Banquet. I have been doing it for five years and it is time for a change.

If you are interested please contact me or any board member.



## RBC Rides are Now on Meetup.com!

Now you can see who else expects to attend a ride, ask questions about it, or invite your buddies to join you! Ride leaders (and participants) can also provide updates on conditions or other last-minute changes as a ride approaches. Other benefits include reminders (if desired), and space for photos and discussions.

We hope this two-way communication further encourages folks to connect and come to rides and other events.

A reminder to Ride Leaders and Participants: With our new presence on Meetup it's likely that we'll be seeing more folks on our rides who are new to RBC. Ride leaders can help make someone's initial experience a more comfortable and rewarding one by asking whether there are new riders and, if so, introducing them to the group. All participants can help by being your natural warm welcoming selves and encouraging the new rider throughout the ride, as appropriate.

To join the Meetup group, go to:  
[www.meetup.com/Rochester-Bicycling-Club-Rochester-NY](http://www.meetup.com/Rochester-Bicycling-Club-Rochester-NY)



## Finding and Printing RBC Maps

Most RBC members have been in this spot at one time or another: you thought you knew the route or would have buddies to ride with and something went wrong. You wound up alone on the route not knowing the next turn. Don't let this happen to you! Print and bring a map to every RBC Club Ride – you will be happy to have the reference during the ride.

There are three ways to find printable maps without owning a club CD:

A printable map is available online for every RBC ride that uses a club map. Go to the Club Rides app from the home page of the RBC website: [www.rochesterbicyclingclub.org](http://www.rochesterbicyclingclub.org). Under "Quick Links" click "Club Rides App" or type [dayrides.appspot.com](http://dayrides.appspot.com) into your browser. Choose the date of your preferred ride and click on the map number. A printable map pdf will appear.

Current paid RBC members can access the entire map set through the club website. Log in to the website, [www.rochesterbicyclingclub.org](http://www.rochesterbicyclingclub.org) and from the home page look under "Members Area" to click "Maps"

Or you can download the club CD: Log in to the website, [www.rochesterbicyclingclub.org](http://www.rochesterbicyclingclub.org) and from the home page go to "Members Area" and "Club Documents"



Memories of Mallorca

# Awards Banquet Report - Bob Lechner

The Awards Banquet for the 2015 riding season was held on Saturday March 12, 2016 with the first ride of the season starting the day off with many riders participating. It was a great day to ride with temps around 60.

As usual the bring a dish to pass dinner was great. Our members sure know how to make these dinners very tasty and filling. After a few general announcements the awards portion of the evening kicked off with the following awards presented:

**High Mileage Calendar: Male** – Otto Muller-Girard 2213 mi.

**High Mileage Calendar: Female** - Kathy Riegel 2052 mi.

**High Mileage Impromptu: Male** – Lew Montemaggi 889 mi

**High Mileage Impromptu: Female** – Cindy Fleisher 820 mi.

**High Mileage Total Miles: Male** – Otto Muller-Girard 2213 mi.

**High Mileage Total Miles: Female** – Monica Guenther 1629 mi.

**Best New Rider: Male** – Ed Gharzouzi

**Best New Rider: Female** – Joan Hoover

**Most Improved Rider: Male** – Ron Lovell;

**Most Improved Rider: Female** – Alice Carver-Kubik

**Big Gear Award:** Mike Bohn

**Most Improved Rider: Male:** Ron Lovell, Lew Montemaggi

**Most Improved Rider: Female:** Joanne Evans, Joan Hoover,

**Most S & E Rides Attended:** Ken Hansen 44 rides

**Most Sweep Rides Attended:** Chris Basak, Joann Evans, Gary Mitchell, all 9 rides.

**High Mileage Couple:** Steve & Kathy Riegel 4237 miles

**Most Calendar Rides:** Otto Muller-Girard

**Most Impromptu Rides Attended:** Dick Ferrante

**George Rennie Award:** Bill & Sara Ture who were ride chairs for two years and lead many rides each year.

**George Rennie Award:** Dave Natrop who has been treasurer of the club for the last few years. Dave's accounting skills insure that our monies are always well accounted for.



Continued on the next page >>>

# Awards Banquet Report - Bob Lechner

**Stone Saddle Award:** Otto Muller-Girad

**Hall of Fame Award:** Cindy Fleischer, Cindy has been membership chair for the last few years, has been the Impromptu Chair, has been instrumental in leading the effort to get new members into the club with members Mingle Nights, New Member Rides and much more.

## Lifetime Achievement Award:

Richard DeSarra, Richard has been the president, vice president, Education Director, Publicity Director, Board Member at Large, and is currently the Cycling Advocacy coordinator. Richard is Co-Founder and President of the Rochester Cycling Alliance. He has been called on by the regional Metropolitan Planning Organization, many local municipalities and NYS DOT to advise in all bicycle road/trail studies and projects. He has been citizen adviser to many towns with they are developing Bicycle Master Plans.

## Humor Awards:

**Jules Kleinhenz GQ Award:** Lance Whitbeck, we all know Lance snows up to every ride in a full matching kit.

**Chatter Box Award:** - Mark Robbins and Cindy Fleisher we awarded a toy set of walkie-talkies since on at least one ride they spent nearly the entire ride talking to each other. Now even if they get separated they will be able to talk to each other.

## Other Humor Awards:

> Randy Debrine, Lance Whitbeck and Mark Robbins were presented with boards listing all items to bring on a bike ride, especially correct cycling shoes, one right and one left.

> Karen Managan was presented with a dozen roses! Last year Brian was off on bicycling trips for 6 months and this year it looks like he will be gone for at least two months. So the Board felt that Karen deserved recognition for having to stay home and take care of everything in Rochester.

**Lots of great awards to very deserving club members and all 70 attendees had a great time on this Saturday evening.**

*pictures courtesy of Tim Guenther*



# Announcements



The WNY Bike Festival will be held at Dryer Road Park in Victor on Saturday June 4 and Sunday June 5, 2016. The RBC is one of the primary organizing sponsors of this first of its kind event in the greater Rochester area. The purpose of the Bike Festival is to bring together everyone interested in bicycling. There will be events for road riders, mountain bikers, triathletes, racers and adaptive cycling. All RBC members are encouraged to come out to this great event and explore your cycling options.

This will be the largest non-competitive, non-fund raising bicycling event ever held in the greater Rochester Area. There will be demo road bikes and mountain bikes to try out and you will be able to connect with local bike shops. The bike shops will not be selling anything at the bike fest and they may also have demo bikes to try out.

RBC will have a tent and table at the festival and we need volunteers to man the tent for both days. If we get enough volunteers 2 hour shifts will be set up. This is a great way to meet RBC members and other folks interested in joining the club. Additionally we will need at least three volunteers each day to lead rides out of the park for various levels of riders. If you are interested in volunteering for leading rides or working the RBC tent please contact Bob Lechner at [boblechner@aol.com](mailto:boblechner@aol.com). We encourage everyone to register for the event in advance. Registration is \$5 for both days and \$10 for a family. Registering at the festival will be \$8 for both days and \$14 for families.

The Western New York Bike Festival web site is up and contains a much more information at [www.WNYBIKEFEST.COM](http://www.WNYBIKEFEST.COM)



Western New York

# BIKE FESTIVAL

**Mark your calendars!**

**June 4th & 5th 2016**

**New cyclists to experienced riders - come celebrate bicycling!**

**Mountain Bike Rides - Road Rides - Factory Demo Bikes**

**Clinics & Seminars - Kids Events & Food Trucks**

**Local Bike Shops - ALL the bike clubs**

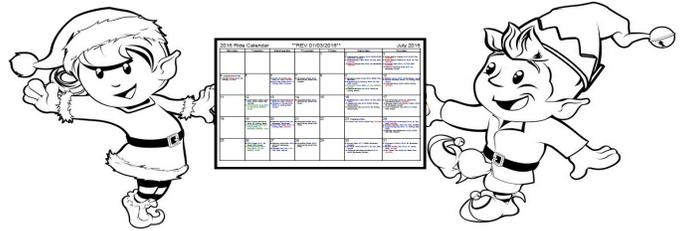
**DRYER ROAD PARK, VICTOR, N.Y.**

for more information, click below:

[www.wnybikefest.com](http://www.wnybikefest.com)

# Ride Chair Corner - Steve & Kathy Riegel

Luck of the Irish! We had a \*beautiful\* start to the 2016 season! Saturday March 12 was dry and sunny, and folks came out of the woodwork to greet each other for the short traditional [kickoff](#) ride. Many cycled from home to get more miles, meeting at the start location to enjoy a relaxed "reunion" ride with friends. Sunday also had good weather, and many cycled to Mendon Ponds Park to ride with others from there. Ride leader Don Brown came up with a pretty clever [invite](#). Keep that sort of thing in mind at Awards time.



We'd like to thank \*all\* of you who signed up to lead calendar rides. We appreciate your commitment upfront even though you many not know exactly what you're doing several months from now (does anyone?!). Because of our ride leaders' ability to commit, once the season starts, we all reap the benefit of a balanced and diverse ride schedule. Special thanks to Andy Stewart who is leading 18 rides, and Otto Muller-Girard, Pete LaDolce and Mark Robbins who are leading more than 10 each! That's \*real\* support of our club!

Did you know there are almost 280 "new member" rides this year?! Really?! Where did that number come from? It's because \*every\* ride is a new member ride! With the continual influx of riders who are new to RBC, on almost every ride there will be someone who can use a friendly face and support. Kudos to Brian Dahl who provided that on the March 13 ride, when someone new showed up. Brian helped him with a minor mechanical issue before taking off, and modified his pace in order to not leave the individual behind. We should always be aware and ready to adapt if possible - it can "make or break" the new member's experience.

There's lots going on in April - April Fool's Day, Buddha's Birthday, Salad Day, World Health Day, Tax Day, Earth Day and ..... spring RIDES! Some of the weekend rides stretch a little beyond our local area, reaching villages like Livonia, Ionia, Caledonia, Perry, Palmyra and Honeoye Falls. Also, the popular Wednesday and Thursday evening rides begin mid-month (at 5:30 pm ... switching to 6:00 pm in the last week).

A friendly reminder that [RBC Meetup](#) is the go-to place for communicating about rides. It is our "bulletin board" for posting information about individual rides. You can see who is going, get maps and start locations, post information, ask questions, and get updates such as: road conditions, detours/re-routes, groups doing shorter/longer routes, delay in ride start time due to weather, etc. All RBC rides are shown, both in calendar format and as a list of upcoming items. Meetup also has a good mobile app for seeing the full calendar and pulling up all info and comments for a ride, including maps and start locations. If you're not on it, what are you waiting for?

If you RSVP to a particular ride, you will receive updates on that ride. Many people don't know if they are going on a specific ride until night before or day of, so it's common to RSVP at a late decision point. RSVPing shows those who are considering the ride that a bunch of folks are going, and also enables you to add the ride details to your own personal calendar.

Our PDF calendar [2016 Ride Calendar](#) is handy for hanging on the fridge, but \*always\* check Meetup for up-to-date info and changes.

With more eyes on Meetup, we finally have a dynamic calendar. That means we can make small adjustments (add/change ride leader, bump start time due to weather, etc.) or add rides. In terms of adding rides, out of respect for our ride leaders and the goal of bringing more riders together, adding rides will be thoughtful. Given our robust calendar, we can add rides in situations such as these:

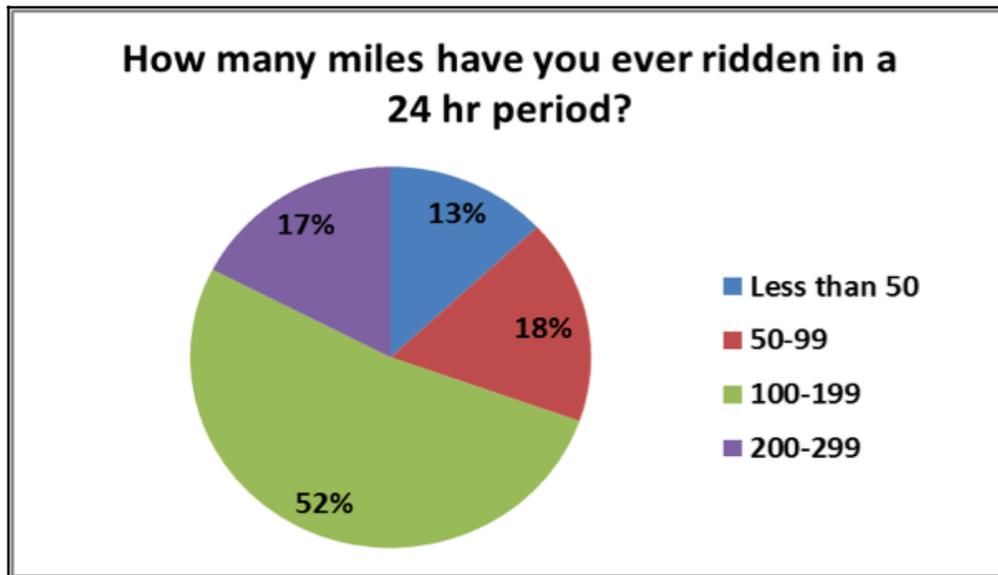
- > There is no ride that evening (ex: Monday and Friday evenings). If Saturday or Sunday is rainy, this would be a great opportunity to have a "make up ride."
- > There is no S&E ride on a weekend day or weekday evening. There are beginner riders that need such support, and would not be able to do our moderate or longer rides.
- > A unique ride which cannot be done as part of an already scheduled ride (ex: a family ride with children).
- > If you have ideas to enhance our already scheduled rides, please let us know and we'll work with you to make it happen and coordinate communication. On weekdays, since there are no scheduled rides, rides can be added using the impromptu system.

Questions, concerns, ideas? Email us at [rbcrides@gmail.com](mailto:rbcrides@gmail.com)!

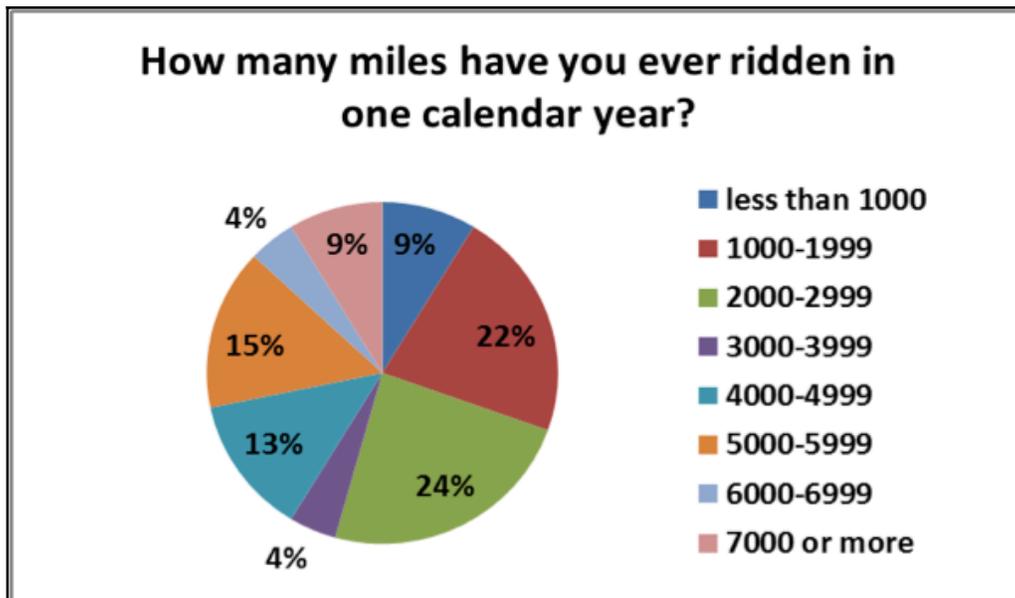
Steve & Kathy Riegel

# March Mini-survey Results - Brad Jensen

The March mini-survey was about the number of miles you have ridden in 24 hours and 1 year. Forty-six people responded to the survey. Please take a couple of minutes to do this month's survey.



Thirty-one percent of the responders have not ridden at least 100 miles in a day, also known as a century, a very frequent goal for many cyclists. That is a goal that is doable for most of us. On the other end of the spectrum 17% have ridden over 200 miles in a day, at least a double-century. I know there are riders in the club who have ridden over 300 and even over 400 miles in a single 24 hour period. To do 400 miles in a day you would need to average 16.7 mph non-stop for the full 24 hours. That is something only a very few remarkable people can hope to achieve.



I'll let the chart speak for itself. Where do you fall compared to others in the club? Have you set a goal of breaking into that next level? Of the four who responded "7000 or more" miles, one had just over 9000, two had at least 10,000 and one did 15,000 miles in one year. Remarkable achievements!

# Thanks to RBC for Selecting Me as Legal Advisor to the Club



Please let me introduce myself:

- In my day job, I am a lawyer representing injured cyclists across NY and PA for almost 30 years. I was selected by BikeLaw.com, a national network of experienced bicycle crash lawyers, as their lawyer for NY & PA.
- In my night/weekend job, I am a zealous bicycle advocate and am the President of the NY Bicycling Coalition, the only state-wide bicycling advocacy organization in NY.

I have a wealth of experience handling car/truck/bike crashes and can quickly explain the often complex world of insurance coverage issues to answer the typical questions folks ask: Who pays my lost wages and medical bills? Who pays for my bike? Do I have coverage for physical therapy, home health assistance, etc?

I also enjoy educating my fellow cyclists about important legal issues that can dramatically impact your life: Do I have proper coverage on my car insurance that can assist if I get hit while riding my bike? What do I do if I get a traffic ticket while riding my bike? How do I report a dangerous driver?

In my role as RBC attorney, I will be writing informational articles for this newsletter. Additionally, I am happy to answer emails with legal questions. Feel free to email me at [jreed@ziffllaw.com](mailto:jreed@ziffllaw.com). Don't worry – no charge, no commitment – for just answering questions.

I look forward to working with RBC and I hope to meet you on the road/trail some day.....

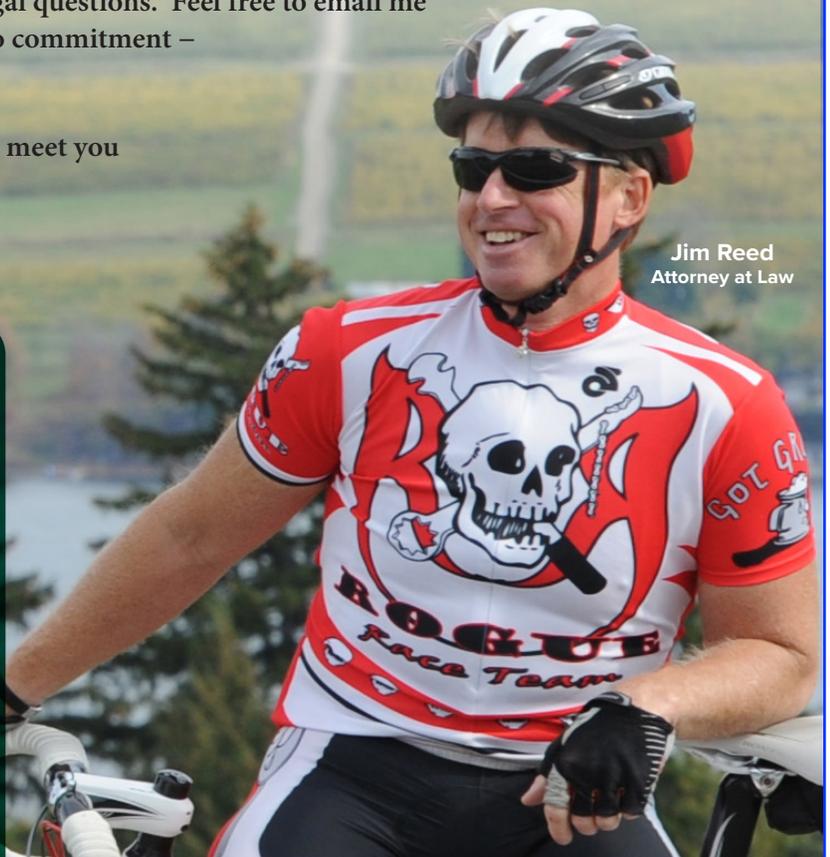
Jim Reed  
Attorney at Law



*Local Lawyers, Big City Results!*

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Call 1-800-ZIFF-LAW  
or visit: [www.ziffllaw.com](http://www.ziffllaw.com)



## 2016 Clinics Preview - Andy Stewart

This upcoming season will see a further expansion of our clinic offerings with at least 5 different topics totaling 9 or more dates.

The first clinic in 2016 will be "How to Prepare for the Season". This will be focused on the bike. We'll learn how to assess and discuss possible servicing in detail. Andy's hope is that the attendees' early rides will be trouble free and they will be able to better monitor and anticipate their bikes needs during the rest of the season. New club members might wish to attend. While attendees might bring their bikes this isn't meant to be a one on one service needs assessment but a more general guide.

The always well attended "Flat Tire Clinics" are scheduled for four dates. This is a hands on class in dealing with the most common problem bikes have. Attendees bring their bike or wheel (if they already know how to remove and reinstall the wheel) along with any tools, tubes, pumps they have. We'll instruct everyone through a trial tire/tube repair. If members wish to bring fresh tires or tubes they are welcome to. Questions about care, prevention and current trends will be covered. Expect to get dirty. We will be limiting each class to three attendees per each instructor. Prior registration through the web site is needed. This will be the only clinic to require this registration.

"All About Your Bike", will be repeated for two dates. Last year the common topics were centered on gearing and shifting. But we decide what will be discussed at the start of each clinic and might drift as the attendees wish. Suggestions prior to the clinic are also welcome as are anyone's offer to lead the discussion on their topic of expertise. As example, possible topics could be, but not limited to, commuting, group riding guidelines or the latest materials bike are made of. Andy has passed out his 10 best and 10 worst cycling inventions before and looks forward to attendees suggesting their own nominations.

"How to plan for a Tour". Andy has done many multi day tours, from credit card fast to self contained camping. We will cover some of the basic steps in deciding what type, how long, where to ride and whether to camp or motel. A sample list of equipment for each will be provided. Anyone hoping to ride a many day tour (or has already) is invited. Anyone who has experience in touring is welcome to share their knowledge also.

New for our clinics will be "Wheels Explained". After flats, wheel issues are the next problem area on bikes. While this clinic is still in the planning phase at this point Andy will likely build a wheel during the evening, explaining issues and factors involving the care, feeding and servicing of wheels as he goes along.

Returning to help with the Flat Tire Clinic are Andy, Whitey, Brad and new will be Karen Managan. The sharing of skills, information and advice is a very basic aspect of our club. Some might say one of the more important reasons to be a member. We are blessed with members who feel this way.

Andy welcomes/requests any questions or suggestions for topics or aspects wished to be covered for any of the clinics. The website will have a sign up function for each clinic although only the Flat Tire Clinic will limit the class size and requires prior signing up.

Please feel free to contact Andy at [onetenth@earthlink.net](mailto:onetenth@earthlink.net). Locations are the Christ the Good Shepherd Lutheran Church, 1000 N. Winton Rd. Clinics start at 7pm and last for about two hours. Dates are as follows, check the new calendar or contact Andy to confirm.

1. **3/15- How to Prepare for the Season**
2. **3/31, 4/28, 5/24, 7/5- Flat Tire**
3. **4/21, 7/21- All about Your Bike**
4. **5/19- How to Plan a Bike Tour**
5. **6/9- Wheels Explained**

# Donate your used bikes!

Youth and Adult bikes wanted,  
Bikes in any condition accepted



My Name is Danny Gresens and I am working on my Eagle Scout project that I hope to complete this summer. I am **collecting bikes** to be donated to R Community Bikes and to children in need in my own community. If you are interested in donating your used bike to this great cause, please email at [dgresens@frontier.com](mailto:dgresens@frontier.com) or call/text 585-737-0176 and I will make arrangements to have your bike picked up.

Thank you for your help.



To contact Danny, click here: [dgresens@frontier.com](mailto:dgresens@frontier.com)

# *Blasts From the Past - Editor*

partially reprinted from the Spring 1968 RBC Newsletter  
Author unknown

1967

no officers, club started by Jack Kemp, Wally Nielsen and George Rennie



1968

President	Wally Nielsen
Vice Pres	George Rennie
Secretary/Treas	Nick Sorochty
Publicity	Willard Dengler
	Frank McGuire
Historian	Jack Kemp
Newsletter	Norma Brand
	Linda Friedman
	Kay McGuire
	Lucille Dengler
	Amy Dengler
Legislation	Wally Nielsen
	George Rennie
	Nick Sorochty
	Ken Hoehn

## Introduction

*This manual will teach you safe bicycling on public roads and streets.*

*Most books about bicycling begin with the selection of a bicycle and accessories. This one is going to be different. We're going to start with bicyclists' attitudes about riding on the road.*

The most important factor in how you ride your bicycle is how you feel about it. If you find bicycling enjoyable and reasonably safe, then you'll want to cover greater distances and go more places. But to do so, you usually have to ride in the company of motor vehicles - and sharing the road with them calls for an attitude of security and confidence.

Once you have that confidence, you can safely and enjoyably take on a commute to work in city traffic or a long day's tour on almost any kind of roads. Almost anyone can become a confident, streetwise cyclist. Start out with conditions under which you feel comfortable and work up to more difficult ones. This booklet will show you how.

Keep in mind that the rules of the road apply to all drivers of vehicles, regardless of vehicle type. But the laws themselves often describe only what a bicyclist is required to do, not how to do it. This manual describes how to do it. This manual will teach you safe bicycling on public roads and streets.

## CHILDREN

To ride safely requires the ability to process information about traffic conditions, just as when driving an automobile. That skill develops with age and education. Children are ready to ride on streets when they are capable of controlling the bicycle well, can ride reliably and predictably, and can understand and follow the rules of the road.

When a parent or guardian is satisfied that a child is ready, start out in easy conditions (on quiet neighborhood streets or rural roads) under the close supervision of someone who understands the principles of safe street bicycling taught in this manual.

## EQUIPMENT CHOICES

A few words about equipment -- you do need the right equipment to put the ideas in this booklet to use.

### YOUR BICYCLE

Your bicycle should match your riding style. There are many types of bicycles. Consider your level of skill and where you want to ride. A good bike shop can help you make the right decision.

For comfort, your bicycle must fit your body proportions like a good suit of clothes. Finding the right frame height by standing over the bicycle is just a start. Other measurements are equally important. For example, most women need to take extra care to buy bikes with a short top tube, since women's average upper-body length is shorter in proportion to leg length than men's.

Cranks, handlebar stem, handlebars and saddle can be changed to fit you better. A good bike shop will help you select the parts that are right for you when you buy a bike.

New or old-faithful, your bicycle must be in good working order. The gears must shift reliably, and the brakes must work smoothly. If you aren't sure that your bike is in top shape, take it to a qualified mechanic at a good bike shop.

### HELMET

A helmet is a bargain in injury prevention. Head injury is a very common result of a crash when cycling, and is what the helmet is designed to protect against. While usually very effective in falls and at modest speeds, a bicycle helmet cannot prevent serious injury in a higher-speed

# Safety is Your Business - Editor

collision with an obstacle or vehicle. A helmet is only your final layer of protection -- skillful cycling is no less important when wearing one. Make sure your helmet is snug, level, and covers your forehead, or you won't be adequately protected.

## REAR-VIEW MIRROR

A rear-view mirror can be helpful when maneuvering in traffic. A small, helmet-mounted mirror gives a wide field of view and good isolation from road shock. Aim it along the side of your head, looking directly back. You should see your left ear in the right side of the mirror. Or if you can not avoid looking "through" the mirror because your right eye is dominant, try placing the mirror on the right side. You'll need a couple of weeks to learn to use the mirror. If it still doesn't work well for you after that length of time, consider a handlebar-end mirror instead.

## BICYCLING GLOVES

Fingerless cycling gloves improve your comfort on long rides by cushioning your hands against road shock from the handlebars. They also protect your hands in case of a fall.

## TROUSER PROTECTION

To secure your trousers and keep chain dirt off them, simply wear socks that reach above your ankles and tuck your trousers into them.

## TOOLS

A small tool kit, tire patch kit and frame pump -- and the knowledge to use them -- will get you back on the road when your bike has a flat tire or other common minor breakdowns. Most on-road repairs are simple and easy to learn.

## BAGGAGE

A frame-mounted water bottle lets you drink as you ride -- important on any trip of more than an hour. A small handlebar bag or rack-mount bag will hold your tools, extra clothing, maps and other items you take with you on your rides. A bag on the bike is a far better choice than a

backpack, which will leave your back hot and sweaty in warm weather.

## LOCK

Buy a good lock. Lock your bicycle's frame and any quick-release parts, or take them with you.

*End of Article*

## WHERE DO I RIDE? (Editor)

All Rides below can be found on the Ride Calendar at [www.rochesterbicyclingclub.org](http://www.rochesterbicyclingclub.org)

### > New Member Rides

*These rides are designed to appeal to the brand new rider who would like to ride in a safe and escorted fashion with "a no rider dropped" policy. They are a highly supported very slow-paced, short ride. They are meant to make a new rider comfortable by riding under very safe conditions with 2 experienced Ride Leaders, one for leading .*

### > Slow & Easy (S & E) Rides

*The S&E rides are flat to gentle slopes. Most are less than 25 miles in length, but easily shortened. New riders often start out on these rides. S&E rides have a No Rider Left Behind policy. The ride leaders are committed to riding at the end of the pack with the slowest rider. Ride leaders will give tips on safety and technique and may assist with minor repairs.*

### > Sweep Rides

*Sweep Rides range from 20 to 40 miles and can easily be shortened. The terrain varies from flat to small hills. The ride leader will make sure that no rider is left behind. It is expected that riders will be able to maintain a pace of 12 MPH on level ground and be able to change a flat tire if necessary.*

**Brochures are available for S & E and Sweep Rides on request from:**

# Blogs & Stuff

**Brian Managan** - <http://bcmbike.net/> "Bike Roots" Life behind bars

Click below for a blog of his thoughts from November this year.

**Photo Album**

**A new link each month!**

## Granite State Wheelmen

**Pedal Talk On-Line Edition**

<http://www.granitestatewheelmen.org>



Dear Rochester Bicycling Club,

The September-October 2015 issue of the Granite State Wheelmen's Pedal Talk E-newsletter is now available on-line for all members who requested electronic delivery.

Please click the (shortened) link below to view the complete GSW ride schedule by day or scroll through the complete newsletter. This link to a special page on our web site will remain active for at least four months so please retain this email or "bookmark" the URL for future reference. <http://bit.ly/1h7vuks>

## Genesee Riverway Trail

[www.cityofrochester.gov/grt/](http://www.cityofrochester.gov/grt/)

The Genesee Riverway Trail (GRT) is an off-road trail for walking, running and bicycling along the Genesee River. It extends through the scenic, historic and cultural heart of Rochester, from the Erie Canal to downtown and Lake Ontario. It provides pedestrian access to the Genesee River, its scenic gorge, three waterfalls, eight pedestrian bridges, and eleven parks, including four historic parks designed by Frederick Law Olmsted.

Download the Free [Genesee River and Trail Guide](#) (pdf)

## NYS Office of Parks, Recreation & Historic Preservation

[www.nysparks.com](http://www.nysparks.com)

This is a rich site full of very interesting information about the NYS park system and the things it has to offer, both for bicycling and other recreational use.

**Add your blog here or a link to a favorite one (with a description).**  
Send copy to [rbcnewz.com](http://rbcnewz.com)

# *Board Meeting Minutes - Dana Black*



## **RBC Board Meeting Minutes: February 9, 2015**

Present: Mark Robbins, Elaine Mizzoni, Dana Black, Steve Riegel, Kathy Riegel, Andy Stewart, Cindy Fleischer, Brad Jensen, Ann Carroll-Lee, Alice Carver-Kubik, Bob Lechner, Roger Weston, Richard DeSarra

Guests: Pam Rogers, Mary Kay Bradley

The meeting was called to order at 7:00 pm by President Mark Robbins.

The minutes of the previous board meeting on January 12, 2016 were approved.

## **Committee Reports**

### **President's Report from Mark via Email:**

All Local Bike Shops have been contacted regarding participation in RBC's 2016 Discount Program. Updated participation information has been shared with Brad Jensen for publication.

Pam Rogers has volunteered to provide support to the club around Social Media/Marketing. Pam has been invited to our 2/9 mtg. where she will make a brief presentation on FB and some possible strategies we can employ to make our FB presence more effective.

### **Membership Report from Cindy via Email:**

New Members: 6, including one student level membership – new this year

Membership: Active members 675.

Current Memberships expire on February 29, 2016

*Continued on the next page >>>*

# October Board Meeting Minutes - Bill Crowe

The first renewal notices for 2017 went out on February 2, 2016

There are two new Membership Committee members: Carolyn Aquilano and Ann Sprago.

Member's Mingle dates (please add to all calendars):

6:30 PM - 8:30 PM at The Back Nine Grill, 3500, East Avenue, Rochester NY

Friday, April 29

Thursday, June 16

Wednesday, July 13

## Grant Committee Report

The grant committee requests Board action at the 2/9/16 meeting to approve the withdrawal of the FLHSA grant as noted in item 3) below

1) From Dan Lill, CEO of R Community Bikes:

- Identified 10 clients to receive training and a bike repair kit
- Identified 10 volunteers to teach the classes
- Expects above numbers to increase quickly in Spring
- Encountered some ordering problems since we are getting 120 kits. Also have to order 120 pumps which we neglected to include in the original grant application. What good is it to be able to fix a flat if you can't inflate it? Some of the original kits are now out of production which is another "wrench" of sorts.
- Very little of the grant money has been spent to date

2) From Ned Davis, Executive Director, Friends & Foundation of RPL

The library will be launching two new Books by Bike this Spring, one funded by RBC. Slight improvements to the Books by Bike design have been discussed (based on the original, which was created by Library maintenance staff), but nothing yet has been purchased or ordered to build the Books by Bike. We hope all three BbB in the fleet will roll out in May or June!

3) The grant committee has made the decision to withdraw the grant for LCI training from FLHSA because the administrator has left her position with FLHSA and can no longer fulfill her duties related to the grant.

*Continued on the next page >>>*

# *Board Meeting Minutes - Dana Black*

Please note:

- a) no RBC money has been expended, nor was it actually dispersed to FLHSA. It remains in the RBC treasury.
- b) the grant committee will be meeting to create a document that records all the steps taken to date so that if a future applicant wants to pursue an LCI training class they can refer to it for guidance if they like.

## **Treasurer Report from Dave via Email:**

### Account Balances

Checking: \$4,832 as of 2/06/2016  
PayPal: \$0 as of 2/06/2016  
Investment: \$14,350 as of 12/31/2015

### Income:

Memberships: \$1,735 received in December  
CD Sales: \$30

### Expenses:

PayPal: \$76  
Insurance: \$2,330  
Brighton School Room rental: \$216  
Challenge Ride Lodge rental: \$143

## **Awards Committee Report from Whitey via Email:**

The Awards Committee is ready and waiting for trophies, medals, and certificates from vendors.

## **Publicity / Website / CD Report**

Website look was updated in mid-January and the site is now fully mobile friendly. I have been adding events such as the Clinics and Member Mingles as I become aware of them. I've updated the Regional Rides Calendar to the 2016 events.

This past week our Facebook page passed 600 likes and our Meetup group passed 700 members. Many in each are not RBC members. A campaign should be developed to turn those non-members into RBC members.

I received an invite to participate in this year's ADK Expo and replied that the RBC will again participate.

I will be producing a CD again this year (both a physical CD and a download). I am

*Continued on the next page >>>*

# *Board Meeting Minutes - Dana Black*

awaiting the various 2016 calendars and brochures.

## **Ride Chair Report from Steve and Kathy via Email:**

About 50 rides need leaders (15 S&E, 35 regular). Most of the rides are convenient local / moderates (start locations: Mendon Ponds, Scottsville, Rush, Gates, Chili, Penfield, etc.). We will continue recruitment, but please help by picking up some of these rides and asking others you know. Refer them to the current calendar and regular signups links shown below.

Unclaimed rides as of 2/22 will be evaluated for retention without a leader ("ride leader needed"). Unclaimed S&E rides will be converted to regular rides and evaluated as well. Rides will be retained as needed to minimize gaps in the schedule. Recruitment will continue for such rides during the season.

Highlander Cycle Tour now collides with the Challenge Ride - needs discussion & resolution.

Ride of Silence - should this ride stand alone (i.e.: drop all other rides that evening)?

Onno's tests of posting Impromptu Rides through to Meetup look good.

Calendar now shows clinics, mingles and social (Mike Barber) rides.

## **Old Business**

Tee Shirts:

Nancy Rohlin received concept sketches from an artist, and should have final sketches by the next meeting.

A motion was made to form a committee to review the artwork and make a recommendation of a tee shirt design to the Board. Brad will chair the committee. The motion was approved.

## **New Business**

Social Media:

Pam Rogers volunteered to assist the RBC with enhancing its use of social media. Pam presented a brief overview of social media, best practices and possible next steps.

*Continued on the next page >>>*

# *Board Meeting Minutes - Dana Black*

The board decided to set up a committee to look into the next steps. Brad will chair the committee which will also include Cindy, Mark, Richard, Pam R., Elaine and Roger W.

## **Spring Banquet:**

The church will be available from 3:30 pm – 8:30 pm. A motion was made and approved to spend up \$100 for dessert.

Roger said he would look into a new route which did not have quite as many (steep) hills for riders who are just starting out for the season.

## **Survey:**

The ride survey was discussed with emphasis on the type of rides members indicated that they preferred and would like to join. The board decided to focus on two new types of rides - Rides for Members Under 40 (organized by Alice) and Family Rides (spearheaded by Michael B). These rides will be linked to current rides and notification made through Meetup, the website, and/or email since the 2016 Ride Calendar is almost complete.

Rider participation will be discussed at the May or June meeting.

## **Ride Calendar:**

The Ride Chairs requested clarification of whether there should be any rides on the schedule that would conflict with the Ride of Silence on May 18 in the evening. A motion was made to have only the Ride of Silence on the calendar at the time it is scheduled. The motion was approved.

The Highlander Cycle Tour is currently scheduled to be the same day as the Spiller Challenge Ride. The Ride Chairs wanted to confirm that the Spiller Challenge Ride would not be moved. The board confirmed the July 23 date.

## **RBC Website:**

Over the past month Brad made several updates to the RBC website and added a mobile version. Brad discussed important aspects of a website and some of the changes made on the Home page. The board briefly discussed how the website is used by members and non-members. This will also be discussed with the Social Media committee.

## **Attorney:**

Mark asked if any board members knew an attorney, preferably a bicyclist or bicycle advocate, who would volunteer to assist the club from time to time.

*Continued on the next page >>>*

# *Board Meeting Minutes - Dana Black*

Next Meeting: The next board meeting will be held at 7:00 pm on March 8, 2016

The meeting was adjourned at 9:08 pm.

Minutes submitted by Dana Black, Secretary

## *“Scene Along the Way”*

*Susquehannock Trip 2005*



*Scenery on the Susquehannock Trip*



*Social Gathering at the Lodge*

*Photos are from the RBC web site Pictures Pages*

# Member Want Ads

The new RBC website now also hosts a "classified section." You may post or purchase items there. Go to [RochesterBicyclingClub.org](http://RochesterBicyclingClub.org) and click on "Members Area, Forums, Classified Ads."

## Your AD HERE!

Advertising is FREE  
for members.

Send your  
submissions to:

[rbcnewz@yhoo.com](mailto:rbcnewz@yhoo.com)

### CANNONDALE SYNAPSE CARBON \$1200

Frame	Synapse Carbon
Fork	Synapse S.A. V.E. Ultra Carbon
Frame size	58cm
Rims (NEW)	Shimano Ultegra 6700 Tubeless
Tires (NEW)	Hutchison Fusion Tubeless
Front/Rear Derailures	Shimano Ultegra 6700
Brakes	Shimano Ultegra 6700
Brake/Shift Levers	Shimano Ultegra 6700
Cables	GORE Ride On Professional
Crank	Shimano Ultegra 6700 Compact 50/34
Rear Cassete	Shimano Ultegra 6700 11-28
Chain	Shimano Ultegra 6700

Great Condition, Pedals not included

Call:  
585 202-9763



### TREK 7200 WSD

16" Women's Hybrid, 8-speed.

Showroom New (<50 original miles),  
Peacock color.

Lists at \$540;

Asking \$350, incl. wireless computer

Call: (585) 752-8027.

View Specs at:

[http://www.bikepedia.com/quickbike/  
BikeSpecs.aspx?  
year=2010&brand=Trek&model=7200+WSD](http://www.bikepedia.com/quickbike/BikeSpecs.aspx?year=2010&brand=Trek&model=7200+WSD)



### FOR SALE:

1999 Schwinn Paramount, 56cm. Hand built by  
Curt Goodrich <http://www.curtgoodrich.com> with  
Reynolds 853 steel tubing. It's the 463rd of  
about 750 bikes that Curt built.

Components are a mix of Dura-Ace and Ultegra.

A truly fantastic ride. This bike can be seen and  
ridden at *Mendon Cyclesmith*.

Contact for questions is David Snyder,  
943-4050. [doorknob@rochester.rr.com](mailto:doorknob@rochester.rr.com)

Asking \$1,100 / OBO

# Member Want Ads

## For Sale

### Cannondale R1000 -Very Low mileage

- > Carbon Fiber Fork
- > CADD8 Frame
- > Carbon Fiber Tru-Vativ Triple Crank
- > All **Ultegra** Components
- > Ksyrium Elite Wheels
- > Carbon Fiber Seat Stem
- > Carbon Fiber Pedals (included)
- > SLK titanium Seat
- > Shimano Wireless Speedo
- > Weight 17 lbs.

**New Price! \$900 or best offer**

Dale Vanocker 227-7218

[rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)



## For Sale

Rans Tailwind Recumbent with homemade carrier.

Many accessories

\$450.00.

Call Larry Johnson 315-524-8244



## For Sale

*Time to thin the herd.*

### **Bicycle #1:**

80's-90's Schwinn 684, 53-54cm, aluminum, Shimano 105 derailleurs, down-tube shifters, triple.

Good condition. \$200

### **Bicycle #2:**

90's Univega hybrid, 50-ish cm. New 700x35 tires.

Good condition.\$100

### **Bicycle #3:**

90's Burley Piccolo trail-a-bike. 6-speed. Includes rack/hitch for towing bike.

Good condition. \$100

### **Bicycle #4:**

90's Burley Canto recumbent. 26 x 20 wheels. Convertible between short and longer wheelbase. Corbin leather seat. Needs a bit of TLC. \$100.

Dave Larson, 402-8892 or

[element6@frontier.com](mailto:element6@frontier.com)

## For Sale

Homemade short wheelbase recumbent and carrier.

Many accessories

\$150.00

Call Larry Johnson 315-524-8244



# 2016 Board of Directors

*Red Titles are Voting Members - Blue Titles are non-Voting Members*

## **Officers: (Voting)**

### **President**

Mark Robbins  
924-5982  
[markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

### **Vice President**

Elaine Mizzoni  
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### **Secretary**

Dana Black  
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### **Treasurer**

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### **Publicity**

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## **Directors: (Voting, cont'd)**

### **Immediate Past President**

Whitey Link  
248-3207  
[vhlink@frontiernet.net](mailto:vhlink@frontiernet.net)

## **Members-at-Large: (Voting)**

Ann Carroll-Lee  
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Alice Carver-Kubik  
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Bob Lechner  
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Roger Weston  
261-8128  
[rwbike\\_n\\_ski@rochester.rr.com](mailto:rwbike_n_ski@rochester.rr.com)

## **Coordinators: (non-voting)**

### **Awards**

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### **Impromptu Rides**

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737-2887  
[justpef@gmail.com](mailto:justpef@gmail.com)

### **Road & Trail Advocacy**

Richard DeSarra  
461-5363  
[rdsbike@rochester.rr.com](mailto:rdsbike@rochester.rr.com)

### **Slow & Easy**

Mike Stanton  
330-2371  
[michael.stanton@xerox.com](mailto:michael.stanton@xerox.com)

## **Coordinators: (cont'd)**

### **Social Rides**

Mike Barber  
507-7829  
[bikerochester@rochester.rr.com](mailto:bikerochester@rochester.rr.com)

### **Sweep Rides**

Chris Basak  
586-484-1822  
[basakc@aol.com](mailto:basakc@aol.com)

### **Web Site**

Brad Jensen  
872-4468  
[bkjensen99@yahoo.com](mailto:bkjensen99@yahoo.com)

### **Bike Cases**

Beth Johnson  
330-0148  
[dr.j.4992@gmail.com](mailto:dr.j.4992@gmail.com)

### **Winter Meeting**

Brian Managan  
654-9624  
[brian@bcmbike.net](mailto:brian@bcmbike.net)

## **Board Appointed Positions: (non-voting)**

### **Librarian**

Todd Calvin  
314-7432  
[tcalvin001@hotmail.com](mailto:tcalvin001@hotmail.com)

### **LAB Touring**

Ride information  
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